



Natalie
Zaparzynski
M.A. R.D. L.D.N.

Natalie is our registered dietitian who provides an array of nutrition counseling services to Bryn Mawr and Haverford College Students. She is experienced in nutrition education, nutrition research, and nutrition counseling.

In addition, she consults with Dining Services on menu planning, recipe development, as well as teaching wellness classes & participating in the Body Image Councils on both campuses.

Individual counseling
is available by appointment.

Healthy eating
Weight management
Sports nutrition
Eating disorders
Food allergies
Lactose intolerance

Other nutrition and wellness concerns

610-526-7417 nzaparzyns@brynmawr.edu

Nutrition information with menu recipe analysis available online at:
<http://brynmawr.computrition.netsmartcloud.com/>
and at kiosks in the dining halls!
Let us know about any allergies or dietary needs that you have:
www.brynmawr.edu/sites/default/files/special-diet-needs-form.pdf

Dining Hall Standards

Available in all Dining Halls:

- Vegetarian options at every meal
- New Dorm Dining Hall & Haverford Dining Center offers additional vegan dishes
- Erdman offers one dinner entree that is prepared Gluten Free, Shellfish Free, Dairy Free & Nut Free
- Non-dairy milk alternative
- Skim (non-fat) and whole milk
- Low-fat/ Low-sodium cheese at the deli bar
- Traditional & Greek Yogurt available at breakfast
- Low-fat or Fat-free dressings available
- Olive oil and vinegar available on salad bars
- High-fructose corn syrup free breads available at each meal

Dining Hall Recipe Standards

- All frying oils are trans-fat and acid free
- Our tuna is packed in water
- We do not add MSG to any recipe (some purchased items may contain MSG)
- Items containing Big 8 allergens (peanuts, tree nuts, shellfish, milk, wheat, fish, eggs, soy) nuts and seafood are clearly labeled
- Items that are vegan, vegetarian or prepared wheat-free are clearly labeled
- We use gluten-free soy sauce in our recipes
- All soup and sauce bases are gluten-free
- Wheat-free soup available at every lunch
- Wheat-free hot entrees available at lunch & dinner



Eating 101

A Guide to Healthy Eating
on Campus

**DINING
SERVICES**
AT BRYN MAWR COLLEGE

www.brynmawr.edu/dining
www.haverford.edu/dining-services

**Haverford
College**
DINING SERVICES

Eating a healthy diet is hard work...

That's why some people seek assistance from registered dietitians who act as part detective and part counselor.

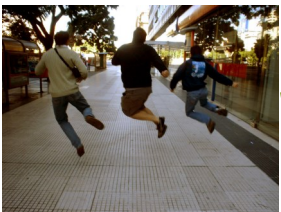


"I was scared if I ate whenever I was hungry, I'd gain too much weight and my soccer would suffer. The dietitian taught me how to eat right for soccer... and now I have even more endurance than before, and my weight is fine."

"All I ever thought about was eating, weighing in, exercising and my grades were really starting to suffer. I had to exercise for hours a day and eat very little to stay in shape, or so I thought. The dietitian helped me rearrange my eating so I don't have to work so hard to maintain a healthy weight."



"If I wasn't worrying about all of my school work I was eating to deal with stress. My grades were starting to suffer and I wasn't happy with my weight gain. Since I've started working with the dietitian, I am making smarter choices about food & exercising to help relieve my stress and my weight is improving. Now I can use my mental energy to do better in school & have fun with my friends!"



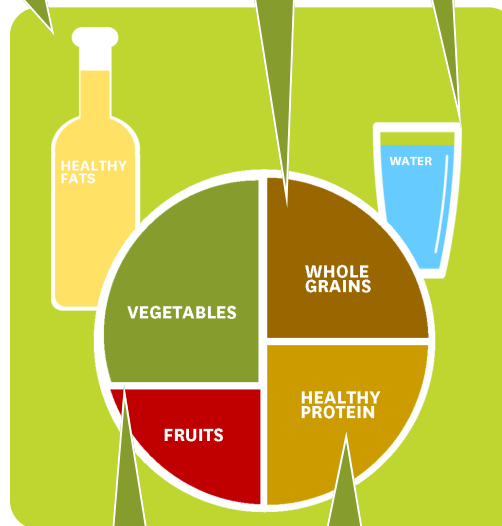
Our Healthy Eating Plate

Think real foods first. Choose foods with high nutritional value to eat more of include whole grains, vegetables, lean protein, and fresh fruit. Processed foods to choose less of include white bread, snack food from a box or bar & fruit juice. The pie pieces on the plate represent suggested proper portioning to maintain a healthy diet

Include healthy fats from foods like olive oil, nuts, seeds, avocados & fatty fish. Avoid trans fats!

Drink water instead of sugary drinks.

Make at least half of your grains whole.



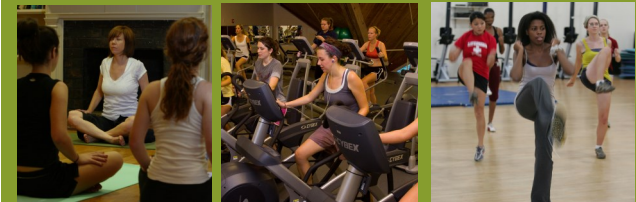
Vary your veggies. Make half your plate vegetables and/or fruits

Choose fish, poultry, beans & nuts; limit red meat & cheese; avoid bacon, cold cuts & other processed meats.

Guide to Activity Basics

Physical activity is essential to a healthy life. Choose activities that you enjoy & can do regularly. Walking, taking the steps, playing intramurals, or dancing the night away are all good examples of being active.

Physical activity & nutrition work together for better health.



Physical activities that are especially beneficial:

- **Aerobic activities** make you breathe harder and make your heart beat faster.
- **Muscle-strengthening activities** make your muscles stronger.
- **Bone-strengthening activities** make your bones stronger. Bone strengthening activities, like jumping, produce a force on the bones that promotes bone growth and strength.
- **Balance and stretching activities** enhance physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga, Pilates, martial arts, & t'ai chi.

How to Measure Portion Sizes

1 teaspoon - 16 oz water bottle cap



1 tablespoon - 1/2 ping pong ball

1 cup - a



3oz.meat - deck of cards